

# KENT YOUNG ATHLETES LEAGUE

## RULES OF COMPETITION

*(Updated May 2024)*

KYAL is part of the competition events provided by Kent County Athletics Association (KCAA) with an aim of providing competition experience for athletes who otherwise may not have the opportunity.

The League is fully part of KCAA and is managed by the KYAL Secretary who is a member of the KCAA Track and Field Committee

### 1. GENERAL

1.1 All competitions shall be held under UKA Rules for Competition.

#### 1.2 Age Groups

Under 13 - 11 years and under 13 years at midnight on 31<sup>st</sup> August in year of competition.

Under 15 - 13 years and under 15 years at midnight on 31<sup>st</sup> August in year of competition.

1.3 Clubs will be required to affiliate to the League by March 1<sup>st</sup>.

1.4 The use of audio equipment and mobile phones is banned within competition areas

1.5 All equipment specified under UKA rules for each age group will be used.

### 2. ELIGIBILITY OF ATHLETES

2.1 All clubs/teams and athletes must affiliate to the Territorial or National Association in whose geographical area of responsibility the Club's headquarters are located.

2.2 Competitors can either be first claim members of their club or second claim (2<sup>nd</sup> claim) members whose first claim club is not a member of the league. The maximum number of 2<sup>nd</sup> claim athletes is restricted to 3 male and 3 female per team per match.

2.3 Any team competing in Division 1 or having gained promotion to Division 1, shall not be permitted to form or become a composite team.

2.4 Composite teams, may be accepted as members of the League and are entitled to promotion, but having gained promotion cannot add additional new clubs to its composition nor change its composition in any way. Athletes can only compete for a composite team if they are 1<sup>st</sup> claim to a club within that composite.

2.5 2<sup>nd</sup> claim athletes are only allowed to compete for one club in any one season.

### 3. CLUB COLOURS

3.1 Club Vests **MUST** be worn by all competitors. Composite club athletes may wear the club colours of their individual first claim Club but **all relay teams must** compete in the same vests

### 4. COMPETITION NUMBERS

4.1 The League will supply competition bib numbers for all competing teams including non-scoring athletes. UKA Rule T5.7 requires that every athlete shall be provided with 2 bibs which, during the competition, shall be worn visibly on the front of the torso and the back, except in jumping events, where one bib may be worn on the front of the torso or back only.

4.2 Clubs must supply safety pins for their own athletes.

### 5. FIXTURES

5.1 There will usually be 4 fixtures per season.

5.2 Clubs will be invited to host a fixture which must be held at a facility which has up to date under any British Athletics scheme in force for a local league meeting. Kent County A.A. will re-imburse the full cost of track hire, together with the cost of Officials' refreshments (up to a maximum of £250.00) plus the full cost of First Aid facilities. Clubs must submit an invoice, together with copies of those from the track hirer and First Aid company, to the Honorary Treasurer as soon as possible after the fixture.

5.3 Host clubs are required to provide hot and cold drinks for officials and a light lunch for 5 officials per club/team/composite should also be provided.

5.4 The host club shall ensure that a suitably qualified Chief Starter; Chief Timekeeper; Track Referee; Starters' Assistant; Field Referee and 2 Clerks of the Course are all appointed, in addition to a Meeting Manager and an Announcer. Where a club cannot resource these officials themselves, they should liaise as early as possible with the County Officials Secretary ([officials@kcaa.org.uk](mailto:officials@kcaa.org.uk)) to see who may have expressed an interest in officiating.

5.5 For all fixtures the host club must have adequate First Aid cover.

5.6 Host clubs are to make all arrangements for the provision of the appropriate athletic equipment for the match. All equipment must be in a safe condition.

5.7 If a club proposes not to attend a fixture it must notify the League Secretary at least 48 hours prior to the fixture. The League Secretary will then notify the Meeting Manager.

### 6. CONDUCT OF FIXTURES

6.1 Clubs should, where possible, ensure athletes arrive at the venue of the match at least 60 minutes before the 1<sup>st</sup> event in which they are due to compete. When they have field officials on the first events, they must arrive in suitable time to supervise athletes' warm up. Failure to do so would mean the field official would not be eligible for points (see rule 10.4).

6.2 An athlete failing to wear a club vest may not compete.

6.3 Non-scoring athletes from member clubs may compete in all events but will be limited to 1 athlete per club/team/composite. This will be strictly adhered to and on occasions may be limited depending on the facilities available. The meeting declaration form will confirm where non-scoring will be in operation. **NB** track athletes may compete in spare lanes or in separate races as appropriate.

Non-scoring Club relay teams may be permitted, when using an 8 lane track, but will be limited to 1 team per club/team/composite for each relay event. The meeting declaration form will confirm which non-scoring relays will be in operation.

6.4 Non-scoring athletes **MUST** be declared at least 60 minutes prior to the start of the event.

6.5 Both age groups are limited to 4 events per athlete, and if doing so, 1 event **MUST** be a relay. This includes any non-scoring events in which they take part. This is in line with UKA Rule T3 S2.

6.6 Where a walking event is included in the total, the competitors shall be restricted to a maximum of 3 running or walking events (including any relay) - UKA rule T3 S2. This includes any non-scoring events in which they take part.

6.7 No athlete in either age group may compete in both 800m and 1200/1500m at the same meeting.

## 7. DECLARATIONS

7.1 Team declarations must be made on the official sheets provided by the League.

7.2 Provisional declarations should be submitted electronically by the Friday evening prior to the meeting. On match day declarations **MUST** be made 30 minutes before the commencement of the match. Changes should be notified at once and in any case prior to the start of the event.

7.5 In the event of an athlete competing without having been declared, all points gained will be deducted.

## 8. TIMETABLE

8.1 The order of events as shown in the League timetable must be adhered to by the host club although any necessary changes to field events owing to the layout of the arena will require all visiting clubs being notified in advance of the meeting.

8.2 In the Long Jump, and all throwing events each competitor will be allowed 3 trials. A maximum of 2 trials will be allowed during warm up of all events excepting PV and HJ - please see rule 8.6

8.3 Any athlete who misses a round in a field event shall forfeit that round.

8.4 Track events shall be run as separate 'A' and 'B' string races with the exception of 1200/1500m and walks. If, owing to the number of competitors, and at the discretion of the

Track Referee races up to and including 800m may be run as a combined race but the athletes must be informed that it will be scored as separate 'A' and 'B' races.

8.5 If 800m is run as a combined event it will be run from a curved start. If the meeting is run on a 6 lane track the timetable is planned for this to happen.

8.6 The minimum HJ starting heights shall be: -

U13 boys - 1.10m; U15 boys - 1.25m;

U13 girls - 1.05m; U15 girls - 1.15m

In the warm up for HJ there will be 1 trial at the relevant starting height and a further trial at a height to be determined by the event leader. Warm up for PV to begin 60 minutes before the timetabled start of the event. Starting heights for PV to be determined by the event leader, with an early start of the event permitted if all athletes are assembled and ready. An early start will also be determined by the event leader after consulting with the athletes and is satisfied that the warm up was sufficient.

8.7 Athletes taking part in the walk must be seen to be attempting to 'walk' as recognised under UKA Rule T54.2. Athletes failing to do this will be asked by the Track Referee to leave the race.

## **9 SCORING**

9.1 Match points in all divisions of the League will be allotted as follows:-

'A' strings and relays	11 - 9 - 8 - 7 - 6 - 5 - 4 - 3	with the winner receiving 11 points
'B' strings	9 - 7 - 6 - 5 - 4 - 3 - 2 - 1	with the winner receiving 9 points

This will be adjusted accordingly if there are more than 8 teams in Division 2

9.2 In events held as separate 'A' and 'B' strings the superior performer should be nominated for the 'A' string race.

9.3 League points in all divisions of the League will be allotted as follows:-

8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 with the winning club receiving 8 points - to be adjusted accordingly if more than 8 teams compete in Division 2

9.4 In the event of teams being equal on League points at the end of the season, total match points will decide positions.

9.5 At the end of each season the 2 top teams in Division 2 will be promoted to Division 1 and the 2 bottom teams in Division 1 will be relegated to Division 2.

## **10 OFFICIALS**

10.1 Host clubs are responsible for the provision of adequate officials to run the meeting, see rule 5.4 above.

10.2 All participating clubs/teams/composite including the host club, shall provide: One track judge, one timekeeper and 3 field officials. When the club is host, if the Chief (Track Judge, Timekeeper & Field judge) are club members they may be used for points.

10.3 The officials, where possible, should be qualified. At least **ONE** field judge **MUST** be graded, ideally at L2. If the host club is unable to provide a L2 field official then the points usually awarded to the host club for that official will be allocated to the club who provided a L2 field official at the earliest opportunity. See 10.5. Officials should report to their allocated events a minimum of 15 minutes but preferably 30 minutes beforehand, to allow for warm up and athlete check in.

10.4 Clubs/team/composite providing the requisite number of officials will be awarded points as follows:

Track Judge 5 points, Timekeeper 5 points; Field Judge Team 5 points per official (Max 15)  
TOTAL 25 points

10.5 The Field Referee shall be responsible for ensuring that each field event is led by a suitably qualified official. If an L2 field judge is not provided by the host club, then the points awarded to the L2 official for that club will be awarded to the club who provided details of an L2 field official to the KYAL secretaries at the earliest opportunity, and will be awarded these points even if the maximum point level for officials has been reached.

10.6 The Track Referee and Field Referee are empowered to cancel an event if there are insufficient officials to ensure safety and fairness or in the case of adverse weather conditions.

## **11 TEAM MANAGERS' MEETING**

10.1 Communication will be carried out between the League Secretary & Team Managers by email and where possible agreement sought to any changes required for the next meeting/year.

10.2 Where thought necessary the League Secretary will call a meeting of Team Managers, usually at the end of the season.

10.3. If 3 or more Team Managers (from different clubs) request a meeting of Team Managers, the League Secretary will arrange to call a meeting.